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Tuesday, August 14, 2012
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GRAIN GAIN

A LONDON BIOTECH COMPANY IS WORKING ON TECHNOLOGY THAT COULD ENHANCE THE PROTEIN IN WHEAT, MAKING FOR A PERFECT LOAF EVERY TIME PAGE 3

FRIDAY'S DRAW
$50 MILLION estimated + 2 MAXMILLIONS estimated
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Tuesday, August 14, 2012
News worth sharing.

Forest City resident Janine Hanson, 29, a member of the Canadian women's eight rowing team, shows off some new hardware — a silver medal from the 2012 Summer Games — to Mitchel Dew, a family friend, moments after arriving in town on Monday afternoon. For more coverage of Team Canada's homecoming, see pages 22 & 23. JOHN MATISZ/METRO

'No regrets at all': Hanson

Forest City Olympians. Rowers Janine Hanson and Lesley Thompson-Willie and decathlete Damian Warner return home

JOHN MATISZ
john.matisz@metronews.ca

Janine Hanson simply could not stop smiling.

As the silver-medal-winning rower in Canada's women's eight boat arrived back home in London on Monday, she was met by about a dozen supporters who gathered to greet the two-time Olympian after she stepped off a 4:11 p.m. connection flight from Pearson International.

"It's nice to be able to share the medal with people, just to come home and see friends and family," Hanson said, beaming.

Among the well-wishers was the Dew family of London. "She's a part of our family," Carla Dew said proudly, proffering a welcome-home gift of homemade bread and jam.

After a short embrace with family, Hanson flashed a big smile at Carla's son, Mitchel. The two, though 18 years apart, are good buddies. They met six years ago through Autism London, and Hanson remains a strong influence on Mitchel, who lives with the disorder. She has taught him how to swim and taken him on day trips to places like Storybook Gardens and on a tour of the Doug Wells Rowing Centre in London, where the team trains.

But Hanson's homecoming had a tinge of bittersweetness because she knows the current women's eight roster won't be intact for much longer. Five of its nine members are 30 or older. Hanson and Ashley Brzozowicz will be passing the torch to a pair of 23-year-olds, Natalie Mastracci and Lauren Wilkinson.

Calling the big race a "good fight," she says placing second to the powerhouse Americans was a tremendous victory for the aging squad. And, with her boyfriend, family friends and Mitchel huddled around her, she summed up the crew's performance overseas: "No regrets at all."

Hometown gang

- Decathlete Damian Warner arrived in London at 8:24 p.m. Asked about his key to success at the Games, Warner, 23, said: "Just go out there and have fun. If I do, the results will come."
- Lesley Thompson-Willie, now a four-time Olympic medallist in rowing, was scheduled to arrive at 11:57 p.m.

To watch a video of Damian Warner's arrival in London, go to metronews.ca.

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BOLER mountain

The RIDGE

Maple Ridge Golf Club
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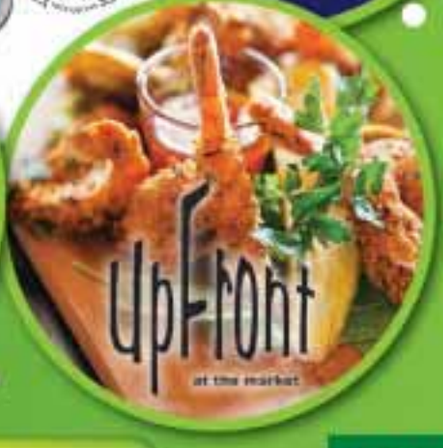

UpFront

at the market

Check out these items and more!

Bidding Starts September 7

metro

Rising technology: Local firm has the secret to perfect bread

Protein power. London agricultural research company is working on a crop spray that makes wheat better for baking

ANGELA MULLINS
angela.mullins@metronews.ca

Scientists at Western University's Research Park may hold the key to something that could benefit bakers and farmers alike.

The goal of NeoVentures Biotechnology Inc.: Wheat that sells at a higher price because it has the right amount of protein to make bread rise perfectly every time. Pierre Lemieux, parliamentary secretary to federal Agriculture Minister Gerry Ritz, was in London on Monday to announce that NeoVentures has received a $106,222 government grant for its work.

Greg Penner, the company's president and CEO, and his staff have spent the last 18 months developing a crop spray that will yield results.

The same kind of technology — originally discovered by researchers at the California Institute of Technology but never applied to plants — could also be used to create a variety of other crop outcomes, including making them more resistant to drought.

The technology goes into a plant's cells and "touches the genes," affecting the way the plant grows, Penner said.

"The genetics of the grain that is harvested are not different than the genetics of the seeds that are planted," he said. That means the product could up the competitive edge for growers interested in selling to foreign markets concerned about genetically modified crops.

Penner said the federal money will advance his work to just shy of the trial stage. While it could be three to four years before the spray is ready for market, NeoVentures has nearly completed a deal that would see Etobicoke, Ont.-based Canada Bread use flour made from wheat treated with the product, Penner said.

Follow Angela Mullins on Twitter @MetroAngela

By the numbers

$22M+

NeoVentures Biotechnology Inc. says wheat growers could reap more than $22 million in additional revenue each year from domestic markets as a result of its London-developed crop treatment.

Greg Penner, president and CEO of NeoVentures Biotechnology Inc., speaks Monday at Western University's Research Park about a product his company is developing to optimize the protein content in wheat used for making bread. ANGELA MULLINS/METRO

EHealth. CEO declines bonus after opposition parties raise objections

The CEO of eHealth Ontario is returning the bonus he was paid for this year.

A statement from the eHealth board of directors says Greg Reed has offered to decline his performance bonus for 2011-12, which was about 25 per cent of his $329,000 annual salary.

The Progressive Conservatives and New Democrats demanded Health Minister Deb Matthews cancel Reed's bonus after The Canadian Press reported it Sunday.

Board chair Ray Hession says he fully supported the decision of the eHealth directors to award Reed the bonus to reward his "outstanding leadership" of the provincial agency. Hession says he wants to make it clear Reed has the full trust and confidence of the board.

Employees of eHealth have launched a class-action suit to recover bonuses of about 7.9 per cent they were promised in 2011 but denied by the Liberal government, which wants a two-year wage freeze across the public sector.

Matthews' office said Sunday that the eHealth board had "no choice" but to provide performance pay under the terms of Reed's contract.

Reed was brought in by the Liberals in 2010 when they cleaned house at eHealth after the auditor general found there was little to show for the $1 billion that had been spent to that point to develop electronic health records.

THE CANADIAN PRESS

By the numbers

$81,250

Greg Reed, CEO of eHealth Ontario, is returning his bonus for 2011-12.

Humane society

Tap House to host weekly animal fundraisers

Every Wednesday from Aug. 22 to Oct. 17, the London Tap House at 545 Richmond St. will host Get Pampered for the Pooches gatherings.

Free manicures and pedicures come with a $5 donation in advance or $10 donation at the door. All proceeds go to the London Humane Society.

The fun starts at 8:30 p.m. each night. For more information, contact organizer Carrie Anne Stephenson at stephensonevents.com or 226-239-1121.

METRO

Proceeds from the weekly events will benefit the London Humane Society. GETTY IMAGES FILE

Hiring practices

Liberals target newer teachers in labour battle

The governing Liberals are targeting younger instructors in their battle to freeze compensation for Ontario teachers, but say it's not part of a divide-and-conquer strategy to achieve their goal.

They're prepared to impose "fair hiring practices" in the coming weeks to ensure they're applied in every school board, Education Minister Laurel Broten said Monday. The regulation would benefit newer teachers who have been waiting for full-time jobs after years of substitute and occasional teaching, Broten said.

"Uncertainty will be replaced with the confidence of knowing that you have been given a fair opportunity to secure an open position," she said. "When it comes to opportunities for young teachers, the status quo is no longer acceptable."

The regulation would enact part of a contentious agreement reached with English Catholic and francophone teachers, which includes three unpaid days off and stopping teachers from banking sick days.

Two other powerful unions — the Elementary Teachers' Federation of Ontario and the Ontario Secondary School Teachers' Federation — have made it clear they won't accept the same deal.

The minister is misleading new teachers by suggesting the change will lead to more job opportunities, said Ken Coran, president of the Ontario Secondary School Teachers' Federation. "The reality is that those jobs are driven by the number of students in our schools," he said in a release.

The government is threatening legislation if boards and teachers don't sign new agreements by Sept. 1 that mirror the deal it reached with the Catholic and francophone teachers.

THE CANADIAN PRESS

Mobile news

This kitten sure wants milk. Scan the code to see how crazy this cute three-week-old furball gets at the sight of a milk bottle.

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Neighbours identified this six-unit apartment complex at 341 Hilton Ave. as the place where a woman was stabbed multiple times Sunday evening. The woman had lived in the complex for several months, neighbours said. Two people were taken into custody at the scene, and the investigation is ongoing, police said Monday. ANGELA MULLINS/METRO

Woman taken to hospital after east-end stabbing

Few details. Police take two into custody at the scene, say investigation is continuing

ANGELA MULLINS
angela.mullins@metronews.ca

An east-end stabbing victim was an unlikely target in a neighbourhood prone to frequent visits by police and suspected drug activity, residents said.

"She had a little dog that she walked up and down the street," Carl Nielsen, 48, said about the victim in the Sunday evening incident. "As she was going into the ambulance, she yelled out, 'Someone watch over my dog.'"

Other than that, the woman, believed to be in her 30s, kept largely to herself, Nielsen and other neighbours along Hilton Avenue said. She had lived on the street for a short time, they said.

Police have released few details about the nature of the woman's injuries and what led to the attack.

Two people were taken into custody shortly after police arrived at the apartment complex where the woman lived. No charges had been laid as of Monday afternoon.

"We're still investigating to find out exactly what's happened," police Const. Dennis Rivest said.

The victim, who Rivest said had multiple stab wounds, was admitted to hospital with injuries that are not believed to be life-threatening.

Anyone with information is asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

WITH FILES FROM JULIAN UZIELLI

Follow Angela Mullins on Twitter @MetroAngela

Where it is

- Hilton Avenue is between Dundas and Wavell streets. The apartment complex where neighbours say the woman was stabbed is just east of Edmonton Street.

Overcrowding in jail. Yurek to meet with provincial minister about EMDC

Conditions at the Elgin-Middlesex Detention Centre will be up for discussion in a meeting between a local MPP and the province's minister of community safety.

Madeleine Meilleur is set to address concerns about overcrowding at the jail when she meets with the Tory MPP for Elgin Middlesex-London, Jeff Yurek, and the party's corrections critic on Tuesday.

"I am encouraged that the minister has started to acknowledge that the conditions at EMDC are pressing," said Yurek.

"I will compare notes on our tours of EMDC and express the concerns that my office has received from constituents. I will also be asking the minister to outline her plans to improve EMDC and avert this crisis."

The facility has come under increased scrutiny in recent weeks due to overcrowding. The jail was designed to house roughly 200 inmates, but sometimes more than 400 people are living within the prison walls.

Last month, a lockdown at the facility sparked a melee. A number of lawsuits from inmates have been filed, alleging the province and guards failed to protect them from violent attacks while in custody.

"The government needs to take some action now before this problem gets any worse," said Yurek. AM980/AM980.CA

Jeff Yurek
ONTLA.ON.CA

2012-13 season

Knights tickets on sale Saturday

Tickets for the 2012-2013 London Knights regular season will go on sale Saturday at 10 a.m. Tickets can be purchased at the Knights box office at Gate 4 of the John Labatt Centre, at 519-681-0800, ext. 1, or at londonknights.com. METRO

Public library

Hockey exchange with Welychka

The London Public Library hockey-equipment exchange will take place from 9 a.m. to 4 p.m. Saturday at the Pond Mills Branch Library. A public launch will be held Tuesday with London Knights forward Brett Welychka at 7 p.m. METRO

Leadership

Knights nab new assistant coach

Londoner Jeff Paul has been named an assistant coach for the London Knights. A former assistant coach with the London Nationals Junior B team, Paul will oversee the Knights defence. Paul played 12 years in the AHL and NHL. METRO

Canadian tour

Trench, Down with Webster at JLC

Canadian pop-rock band Marianas Trench has announced a Canadian tour with London locals Down With Webster. The Face the Music tour will kick off in Barrie on Oct. 12, stopping at the John Labatt Centre on Oct. 15. METRO

New territory

Wind sets sights on Woodstock

Wind Mobile announced Monday that it will be launching in Woodstock in September. The mobile-phone provider will also be contributing $5,000 to a local charity through a program called Windthanks. METRO

Waterloo

Help on way for RIM workers let go

The Ontario government is teaming up with Research In Motion Ltd. to help laid-off workers in Waterloo, where the company is based. Communitech, the University of Waterloo and Wilfrid Laurier University will also be involved. METRO

NHL duo ready to share cup with hometown

Making the rounds. Appearance at city hall, parade down Dundas Street, and fan meet-and-greet highlight London's day with Stanley Cup

JOHN MATISZ
john.matisz@metronews.ca

London's Jeff Carter, left, and Drew Doughty of the Los Angeles Kings will bring the Stanley Cup to the Forest City on Aug. 23. DAVE SANDFORD/NHLI/POOL/GETTY IMAGES

Here's the itinerary for Aug. 23, London's much-anticipated day with the Stanley Cup:

The joint celebration involving two 2012 cup winners, Los Angeles Kings defenceman Drew Doughty and forward Jeff Carter, will commence at 11:30 a.m. at city hall and conclude inside the John Labatt Centre.

"They'll get the red-carpet treatment, go down a parade route, then finish up at Club Cambria inside the JLC," Tourism London general manager John Winston said Monday.

After a visit to council chambers, the pair will hop aboard a tactical rescue unit vehicle with the London Police Service and head down Wellington Road South, then turn onto Dundas Street before getting off on Talbot Street in front of the JLC.

Inside, Club Cambria will host a meet-and-greet with fans and Lord Stanley's mug until 1:30 p.m. "If you get (to the JLC) by noon, you'll be OK," Winston assured those desperate to see the cup.

Winston says Fox L.A. and CBC television stations will document the celebration.

Doughty previously told Metro he plans on sitting poolside with the cup after sharing it with the community. "I don't know exactly what I'm doing, but it'll be a party," he said.

Past glory

1994

The last time Londoners (Craig MacTavish, Colin Campbell) won the cup together.

Kicking the ball around with the mayor

Mayor Joe Fontana takes a swipe at a ball inside the BMO Centre (295 Rectory St.) on Monday morning. He, and about 50 others, were on hand to launch the Southend Sharks under-12 girls soccer team's campaign to win $125,000 from BMO, which would be put towards improving a local soccer field. The Sharks are one of two London-based clubs in the 15-team countrywide competition. To vote, visit community.bmo.com/soccer. Voting ends Aug. 27. JOHN MATISZ/METRO

Warning. More incidences of West Nile virus detected

Evidence is showing that West Nile virus activity in London and Middlesex County is becoming more widespread.

Since the first West Nile-positive mosquitoes of the summer, found in a London trap near Springbank Drive and Wharncliffe Road, were announced July 24, another eight traps have yielded mosquitoes that tested positive. These traps were in the McKellar Street area of Glencoe; near Clarke Road and Trafalgar Street; near Glenora Drive and Adelaide Street; near Wellington and Southdale roads; and near Huron and Adelaide streets.

Eighty per cent of people who become infected with the virus don't get sick. METRO

Proposal. LHSF to pitch investment project to city

The London Health Sciences Foundation is asking the city for a $29-million commitment over 10 years for what it considers economy-bolstering initiatives tied to the Canadian Surgical Technologies and Advanced Robotics program.

The foundation will make its pitch to city council's investment and economic prosperity committee Tuesday at city hall. The proposal, which includes using city money to help update medical equipment and market CSTAR technology globally, will go on a list with many other big-ticket requests. Some of the proposals may be part of a long-term prosperity plan officials are expected to unveil this fall. ANGELA MULLINS/METRO

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Norway. Commission criticizes police response to bomb, gun massacre

Norwegian authorities could have prevented or interrupted the bomb and gun attacks by a far-right terrorist who killed 77 people last year, a government-appointed commission said Monday.

The long-awaited report into the July 22, 2011, attacks also said the domestic intelligence service could have done more to track down the gunman, but stopped short of saying it could have stopped him.

Anders Behring Breivik

Anders Behring Breivik, 33, has admitted to the bombing of the government's headquarters in Oslo, which killed eight people, and the subsequent shooting spree at a youth camp that left 69 dead, more than half of them teenagers. He is currently awaiting sentencing.

While noting that the attacks "may be the most shocking and incomprehensible acts ever experienced in Norway," the 500-page report said the bombing "could have been prevented" if already-adopted security measures had been implemented more effectively.

Breivik was able to park a van with a fertilizer bomb just outside a high-rise before he drove another car to the Labor Party's youth camp on Utoya, unhindered.

The police response was slowed down by a series of blunders, including flaws in communication systems and the breakdown of an overloaded boat carrying a police anti-terror unit. Meanwhile, Norway's only police helicopter was left unused, its crew on vacation. Breivik's shooting spree lasted for more than one hour before he surrendered to police.

The report said that a faster police response could have stopped Breivik's shooting spree earlier, but recognized that "hardly anyone could have imagined" the attack on Utoya.

THE ASSOCIATED PRESS

Quoted

"Sadly ... after repeated school massacres in other countries, an armed desperado who shoots adolescents is indeed conceivable — also in Norway."

Excerpt from a report into the Norwegian bombing and shooting

Fugitive. Man wanted in gruesome Philadelphia murder arrested in T.O.

Toronto police say a drunk-driving investigation led to the arrest of an international fugitive wanted in a gruesome Philadelphia murder more than a decade ago.

Police say 35-year-old Kai-Guo Huang was originally arrested Aug. 7 in the city's northeast and charged with driving over the legal blood-alcohol limit.

He was released on a promise to appear in court.

Police say Huang gave them a false name, identifying himself as Yu Chen.

Officers later discovered his true identity and learned he was wanted in Philadelphia on charges of murder, conspiracy, possession of an instrument of crime and abuse of a corpse.

The charges stem from the 1998 slaying and dismemberment of a man.

He is being held for possible extradition.

THE CANADIAN PRESS

Security

Man strolls across airport tarmac

A New York City man breached Kennedy International Airport's security system by walking undetected through two runways and into a terminal after becoming stranded in a nearby bay. The 31-year-old swam to shore and then walked past motion sensors and closed-circuit cameras, part of the airport's state-of-the-art system. THE ASSOCIATED PRESS

Vatican scandal

Pope's butler to stand trial

A Vatican judge on Monday ordered the pope's butler and a fellow lay employee to stand trial for the alleged pilfering of documents from Pope Benedict XVI's private apartment. The indictment accused Paolo Gabriele of grand theft — a charge that could bring up to six years in jail, although the pope could pardon his once-trusted aide. THE ASSOCIATED PRESS

Police officers gather at the site of a shooting near Texas A&M University on Monday. Police say one law-enforcement officer and one civilian were killed in the shootout. The gunman also was shot before being taken into custody. He later died. DAVE MCDERMAND/BRYAN-COLLEGE STATION EAGLE/THE ASSOCIATED PRESS

Cop among 3 dead after Texas shooting

Three others injured. Gunman, other man also killed during incident near university campus

Quoted

"It appeared to be fairly quiet. It didn't appear to be a lot of people out and about at that particular time."

Texas A&M spokeswoman Sherylon Carroll, speaking on the fact most students were not on campus on Monday

A law-enforcement officer serving an eviction notice at a home near the Texas A&M University campus was killed along with a male civilian in a Monday shootout that also left the gunman dead, police said.

Two other law-enforcement officers and a woman were injured in the shooting in College Station, said Bryan Police Department spokesman Jon Agnew. Bryan police are assisting in the investigation.

Assistant College Station Police Chief Scott McCollum identified the law-enforcement officer killed as Brazos County Const. Brian Bachmann.

McCollum said Bachmann had gone to an off-campus home near the A&M football stadium when the gunman opened fire from inside the house.

Other officers responded to the home after receiving a call that an officer was down. They shot the gunman and took him into custody, McCollum said. The gunman was later pronounced dead.

The two other injured officers were hospitalized and the civilian woman was undergoing surgery, Agnew said.

Agnew said officers had established a perimeter around the area shortly after the shooting just east of the Texas A&M campus, but they do not believe a second suspect was involved. He said police don't know if the shooter was a student at the university.

The school had issued an alert on its website just before 12:30 p.m. warning of an active shooter. The alert warned residents and students to avoid the area, and was later updated with the shooter taken into custody.

THE ASSOCIATED PRESS

Votes piling up to end Quebec student strikes

The number of students on strike in Quebec has dwindled considerably, with people at several colleges voting Monday to end protest actions that had drawn international attention during events some dubbed the Maple Spring.

Following three more votes Monday to end the strike, the tally now stands at six to one among junior colleges, called CEGEPs in Quebec, in favour of returning to class. However, more votes are scheduled in the coming days and some university faculties have voted to keep striking.

A spirited debate took place at Montreal's College de Maisonneuve before students voted to head to class. Afterwards, several strike supporters tried to console each other with long hugs outside the school's main doors.

It's not clear whether the strike movement has suffered a permanent setback, or whether it's simply laying low before a decisive win.

The party leading the polls in the current provincial election campaign, the PQ, has proposed eliminating the tuition hikes that were at the root of the dispute and replacing them with much smaller increases pegged to the rate of inflation.

There have also been warnings that the strikes could be revived after the Sept. 4 election, depending on who wins.

Other votes will be taken this week. As for universities, they return to school later.

THE CANADIAN PRESS

Striking out

- About one-third of Quebec students had their spring session interrupted by the strikes.
- The law passed by the Charest government mandates their return to complete the semester over the coming weeks and sets stiff fines for people blocking schools.

Iranian earthquake death toll hits 300

Disaster. More than 3,000 injured in twin earthquakes that struck northwestern Iran two days ago

Two boys retrieve their belongings from the ruins of their house following Saturday's earthquake in northwestern Iran. ALI HAMED HAGHDOUST/THE ASSOCIATED PRESS

Iran raised its earthquake death toll to 306 on Monday, a day after rescuers called off the search for survivors from the rubble of their homes in the country's northwest, state media reported.

Health Minister Marzieh Vahid Dastjerdi told a session of parliament that the number jumped by about 50 after victims expired in the hospital. More than 3,000 people were injured in the twin earthquakes that struck two days ago, she added in comments broadcast on state radio.

In one hamlet visited by AP Television News near the village of Bajeh Baj, 13 miles west of one of the epicentres, furniture peeked out from under piles of bricks and collapsed roof timbers while men sorted through debris, trying to salvage what little was left of their households.

Residents say the earthquake killed 35 people living in the simple dwellings surrounded by mountains. Dried earth was left split wide open from the force of the shock, which cut some houses in two and left the wall of one standing only where it was propped up by a refrigerator.

The death toll included some 219 women and children, Dastjerdi said, adding that around 2,000 injured people had been released from hospitals soon after the quake since they had only minor injuries.

Dastjerdi said her ministry has deployed scores of ambulances and medics to the region but still needs helicopters to transfer seriously injured people quickly.

Authorities say old, heavy roofs without frames were largely responsible for the death toll in the rural areas.

Scores of aftershocks have coursed through the region since the 6.4- and 6.3-magnitude quakes hit the area, home to some 300,000 people in a 6,000-kilometre borderland near Azerbaijan and Armenia. THE ASSOCIATED PRESS

A glimpse into the past

A historical picture of construction work on the Berlin Wall is seen in the background as a man looks through a slot in a segment of the wall at the Berlin Wall Memorial on Monday. Germany was marking the 51st anniversary of the day communist East Germany sealed itself off behind the wall. GERO BRELOER/THE ASSOCIATED PRESS

Patient safety

Health Canada warns of hospital-bed entrapment

Health Canada is warning hospitals and other health-care facilities about the risk of entrapment of patients in hospital beds after three people died and several were injured. In a notice to hospitals issued Monday, the health agency says 12 incidents have been reported of patients becoming trapped in hospital beds since 2009, including three deaths. THE CANADIAN PRESS

Guatemalan lawsuit

Research victims appeal decision

Guatemalans who had been subjected to sexually transmitted diseases by U.S. researchers in the 1940s have appealed a judge's dismissal of their lawsuit. A U.S. District judge dismissed the suit two months ago. He ruled that federal law bars claims against the U.S. based on injuries suffered abroad. The victims filed an appeal Monday with the U.S. Court of Appeals in Washington. THE ASSOCIATED PRESS

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Market Minute

DOLLAR 100.76¢ (-0.15¢)

TSX 11,838.83 (-52.56)

OIL $92.73 US (-14¢)

GOLD $1,612.60 US ($-10.20)

Natural gas: $2.73 (-4¢)
Dow Jones: 13,169.43 (-38.52)

Tourism slumped during Olympics: U.K. trade body

Workmen take down an Olympic flag near Buckingham Palace in London on Monday, following the closing ceremony of the 2012 Summer Games.
ALASTAIR GRANT/THE ASSOCIATED PRESS

Disappointing numbers. 88 per cent of British tourism-oriented businesses reported losses versus last year

The Olympics brought less tourist money to recession-hit Britain than officials expected, a trade group said Monday, with a majority of tourist businesses reporting losses from last year.

A survey of more than 250 tour operators, hoteliers and visitor attractions found that tourist traffic fell all over Britain, not just London, said UKinbound, a leading trade association representing British tour operators, shops and hotels. The survey said 88 per cent of British tourism-oriented businesses reported some losses during the Games compared to the same period last year.

"As an industry we knew the Games would have a negative impact on international visitor numbers to London but the impact on the rest of the U.K., combined with domestic visitors staying away, has been deeply disappointing," said Rita Beckwith, chief executive of London's City Cruises, a member of UKinbound.

Officials are still tallying up the total number of tourists who came to — or avoided — London this summer. The capital normally sees about 1.5 million tourists on average in August.

Tourism officials say that international Olympics visitors to London, including athletes, officials and tourists, totalled about 300,000. Domestic spectators from Britain made up the majority of people visiting Games venues.
THE ASSOCIATED PRESS

Tame tourists

"The people who came to the Games really didn't do very much sightseeing, didn't do very much shopping, didn't do very much eating out."
Miles Quest, a spokesman for the British Hospitality Association

Travel. Google gobbles up Frommer's guide books

Google is buying the Frommer's brand of travel guides.

Google Inc., which bought the Zagat restaurant review service in September, plans to use Frommer's guides to hotels and destinations around the world to complement the Zagat listings.

Google is buying Frommer's from publisher John Wiley & Sons Inc. in a deal that includes Wiley's other travel-related businesses. Financial terms were not disclosed in Monday's announcement.

Wiley is trying to sell off a number of businesses that no longer fit with its long-term focus on professionals and education. In addition to travel, businesses up for sale include the company's culinary, general interest, nautical, pets, crafts, Webster's New World and CliffsNotes businesses.

Wiley, which is based in Hoboken, N.J., says it plans to use the proceeds from the sales to support growth opportunities in its other businesses.
THE ASSOCIATED PRESS

Past, present and ...

Frommer's got its start in 1957 with the publication of Arthur Frommer's Europe on $5 a Day.

- Frommer's now publishes more than 300 guidebooks and runs the Frommers.com website.

Fraud

RBC Dominion, regulators to settle

RBC Dominion Securities Inc. will pay $500,000 in a regulatory settlement for professional lapses by employees who failed to ask questions and take precautions about a client who was later convicted of fraud. Earl Jones was convicted of defrauding more than 150 clients over more than 20 years as a Montreal-based financial adviser before he was found out.
THE CANADIAN PRESS

Occupy Hong Kong

Court rules to evict activists

HSBC won a legal bid on Monday to clear out anti-capitalist protesters from a public space below the bank's Asian headquarters in the southern Chinese financial centre. A judge ruled that the activists must leave by 9 p.m. on Aug. 27.

Occupy activists have been living under the bank's headquarters since Oct. 15, when protesters in Hong Kong joined others around the world in a day of demonstrations against corporate excess and economic inequality.
THE ASSOCIATED PRESS

Canadian facilities

Automakers must invest: Union

The big U.S. automakers need to invest in their Canadian facilities as a means of boosting job security, the Canadian Auto Workers union said Monday as it geared up for contract talks slated to begin this week.

Union president Ken Lewenza says boosting the technology at the automakers' facilities would increase productivity, improve profits and make workers' jobs more secure.
THE CANADIAN PRESS

Poll

Canadians lacking emergency funds

A new poll for one of Canada's big banks says 45 per cent of those surveyed said they had no fund set up to deal with emergency expenses.

The poll of about 2,000 Canadians was conducted in March and April for CIBC by Harris/Decima. Ontario and Alberta residents were the least likely to say they had an emergency fund set up — 53 per cent of respondents in each province.
THE CANADIAN PRESS

Job losses. Google cutting 4,000 at Motorola Mobility

Google is cutting about 4,000 jobs at its Motorola Mobility cellphone business and will close or consolidate about one-third of its 90 locations.

The reductions represent about 20 per cent of Motorola Mobility's 20,000 employees, and seven per cent of Google's overall work force. Two-thirds of the job cuts will take place outside of the U.S., Google said.

The job eliminations come three months after Google bought the once-dominant U.S. cellphone maker for $12.5 billion US, chiefly with a view to using its large patent portfolio to bolster its legal defences.

The cellphone pioneer has been struggling for years. It hadn't produced a mass-market hit since it introduced the Razr cellphone in 2005 and its market share has plummeted.

Before the acquisition, Motorola had been trying to turn itself around by focusing on smartphones, and the cuts announced Monday will shift that goal even further. In the first quarter, Motorola sold 5.1 million smartphones and 3.7 million "dumb" phones.

The migration toward smartphones has slowed Motorola's decline, but it has still lost money in 14 out of the last 16 quarters.

Google said in a filing with the Securities and Exchange Commission that the changes are intended to make the unit profitable, but warned that investors should expect revenue to fluctuate over the next few quarters, and sales will drop before the cost savings take effect. THE ASSOCIATED PRESS

A Motorola Mobility Xoom tablet is shown at Google headquarters in Mountain View, Calif., in this file photo. PAUL SAKUMA/THE ASSOCIATED PRESS

U.S. drought. Feds to buy food to help struggling farmers

The government will buy up to $170 million US of pork, lamb, chicken and catfish to help drought-stricken farmers, the White House said Monday as President Barack Obama brought his re-election campaign to rural voters in Iowa.

The purchase for food banks and other federal food nutrition programs is expected to help producers struggling with the high cost of feed during the worst drought in a quarter-century.

The announcement came as Obama criticized Republican vice-presidential candidate Paul Ryan for blocking a farm bill that could help farmers cope with the drought. Obama touted his efforts to help farmers as he began a three-day tour of the battleground state he won in 2008.

"The purchases will help mitigate further downward prices, stabilize market conditions and provide high-quality, nutritious food to recipients of USDA nutrition programs," Agriculture Secretary Tom Vilsack said in a statement.

The USDA said it would buy up to $100 million of pork products, $50 million of chicken, $10 million of lamb and $10 million of catfish. The Defence Department, a large purchaser of beef, pork and lamb, was expected to look for ways to encourage its vendors to speed up purchases of meat.

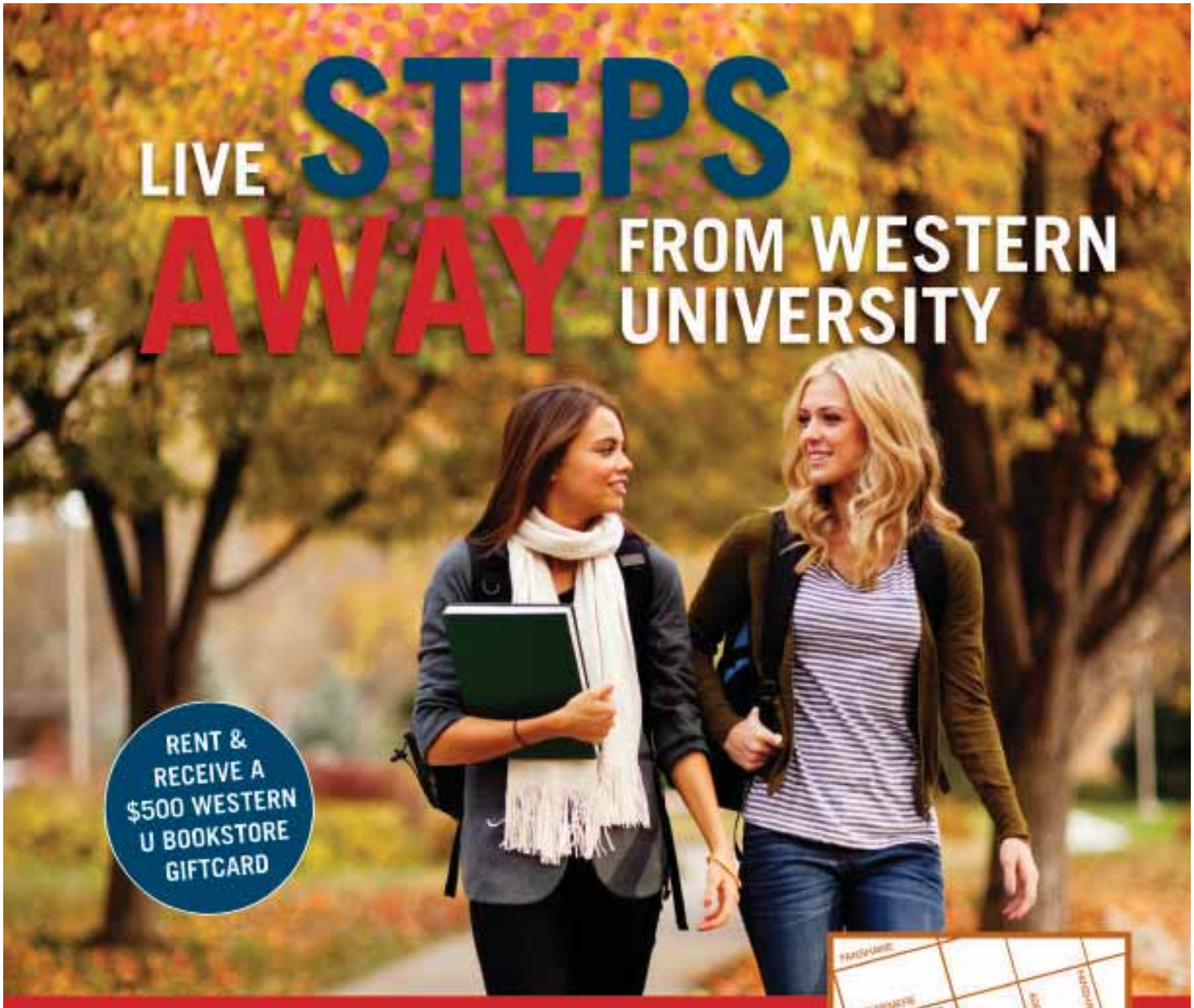
U.S. President Barack Obama tours an Iowa farm on Monday.
THE ASSOCIATED PRESS

Disaster relief

Federal law allows the Agriculture Department to buy meat and poultry products to help farmers and ranchers affected by natural disasters.

Obama has pledged a wide-ranging response to the drought. His administration is giving farmers and ranchers access to low-interest emergency loans, opening more federal land for grazing and distributing $30 million to get water to livestock. THE ASSOCIATED PRESS

LIVE STEPS AWAY FROM WESTERN UNIVERSITY



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ASSET MANAGEMENT

WHEN YOU BECOME YOUR PARTNER'S PARENT

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every time I embark on a couple's getaway with my significant other, I am expected to be the keeper of our passports and all other important documents. I don't know why this happens, but I do know that it's the cause of many departure-lounge arguments.

"It's easier because you have a purse," my boyfriend tells me. It's easier for him, is what he really means.

Part of me wants to insist he be more self-reliant and discourage his child-like dependence on me. The other part of me doesn't really care that much about something so trivial. I always wind up carrying everything in the end because, well, it *is* easier and I am also legitimately afraid that he would lose his passport.

It's a small thing to argue over, but it's indicative of a much bigger problem. In relationships, and I know I'm not alone in this, women often find themselves in an awkward position of feeling a bit more like a mother than a lover.

Working in tandem

"A healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

Sara Dimerman and J.M. Kearns, authors of How Can I Be Your Lover When I'm Too Busy Being Your Mother?

Sure, the desire to nurture and protect is instinctual and, to a certain degree, unavoidable. But it can be hard to know when to draw the line between being supportive and turning into a Pseudo-Mom.

In their new book How Can I Be Your Lover When I'm Too Busy Being Your Mother? therapist Sara Dimerman and bestselling author J.M. Kearns tackle the issues that arise when a loving partnership turns into a parent-child relationship.

According to the authors, "a healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

When it comes to my own relationship, I have to wonder if I'm enabling my boyfriend's Peter Pan syndrome every time I tidy up after him or do his laundry or remind him about his upcoming doctor's appointment. I'm trying to be a caring and loving partner, but sometimes I catch myself nagging and shudder at the Mom-isms that come out of my mouth.

Dimerman and Kearns suggest that sometimes, "a man who actually wants to do more around the house is 'fended off' by his wife when she does things like criticizing his work, redoing his tasks and setting too-high standards."

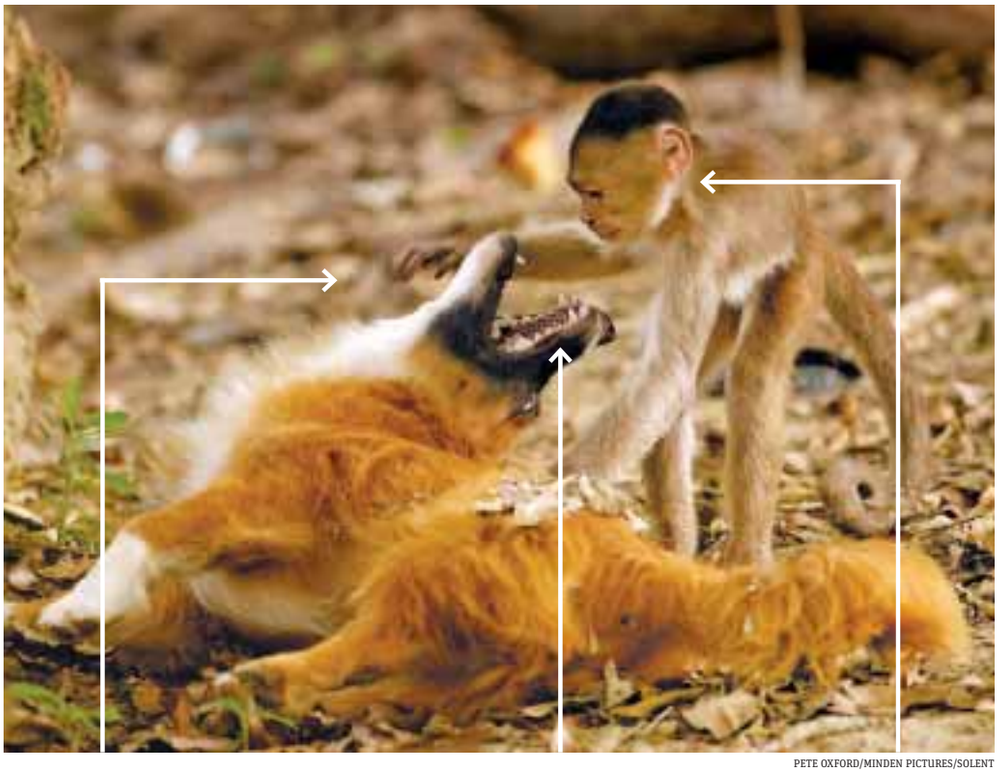
No matter who's at fault, spouses need to be equals. So when you're doing more than your fair share when it comes to domestic tasks and other responsibilities, you run the risk of losing respect for one another and jeopardizing your relationship.

Follow Jessica Napier on Twitter @MetroSheSays

I wanna hold your hand — but I don't wanna be your momma.

DAN KITWOOD/GETTY IMAGES FILE

My, what sharp teeth you have



PETE OXFORD/MINDEN PICTURES/SOLENT

Wildlife greeting

Tooth exam is monkey business

This cheeky monkey seems to play dentist as he peers down into the jaws of a dog who looks more than happy to be the patient. Photographer Pete Oxford captured the amusing scene at the coastal resort of Ecuador's Puerto Misahualli, which is renowned for its large population of the diminutive capuchins.

MWN

Photographer's view

"Showing off your teeth in such a manner is the best way of displaying mutual trust."

Pete Oxford, a wildlife photographer based in Ecuador. The British-born Oxford explained to Metro the playful behaviour of "showing off your best weaponry" — i.e. sharp teeth — signals mutual trust between the two creatures.

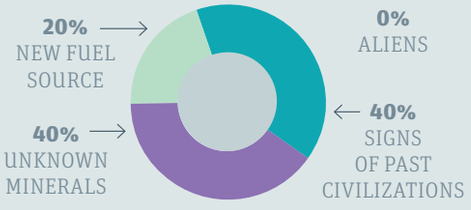
Oxford on encounter

- **Primate primp.** "The monkey appeared to be grooming the dog, both were comfortable with each other and seemed to enjoy the interaction."
- **Not wild at heart.** "People have difficulty believing that these are indeed free, roaming wild monkeys."
- **Chums.** "These two seemed to be best of friends, allowing lots of liberties between them."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping the Curiosity rover finds on Mars?



Twitter

@kimmm_edwards
Blasting some Lonestar on the drive back from Sarnia. That's right. #Country

@DavidAuCoin_12
I play volleyball five times a week and its coming to a end :'(oh well at least school starts soon!! #gonnamissit #Fanshawe #dirtybirds

@CityThink
I'm starting a list of people that you should avoid doing business with in the #ldnont community. #lyingcustomers

@LondonWebDev
Out of all of the awesome summer festivals in #LdnOnt @pawlooza has to be my hands-down favourite. Check it out this Saturday.

@martythompson_
What great enthusiasm shown by the Southend Sharks today at the BMO Centre! Even got the Mayor to bust-a-move #ldnont

metro
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SCENE 2

DVD reviews

The Raid: Redemption

Director. Gareth Evans

Stars. Iko Uwais, Ananda George, Ray Sahetapy

●●●●○

Here's the action arithmetic of The Raid: Redemption: one ruthless crime lord, 20 elite cops, 30 floors of hell. Combining a strong protagonist and story with traditional Indonesian martial arts (silat) moves, Welsh writer/director Gareth Evans creates an exhilarating experience that rightly won the Midnight Madness award at TIFF 2011. But this is brutal stuff, with a body count that is high even by genre standards. Iko Uwais is Rama, a rookie in a 20-member SWAT team charged with cleaning a highrise of Jakarta drug lord Tama (Ray Sahetapy) and his legion of thugs. The baddies have been flouting the law to an extent that requires a response — even in a city where cops habitually look the other way for fear and profit. Closed-circuit cameras, a weapons arsenal and a psychopathic enforcer called Mad Dog (Yayan Ruhian) are just some of the tools Tama has at his ruthless disposal.

PETER HOWELL

Jaws

Director. Steven Spielberg

Stars. Roy Scheider, Robert Shaw, Richard Dreyfuss

●●●●●

Steven Spielberg's rubber shark Bruce still has bite, 37 years after Jaws first made a summer swim terrifying. The opening scenes where the shark is prowling the waters off beach haven Amity Island give us the predator's lethal point of view, set to the ominous two-note "ba-dum, ba-dum" score by John Williams, now instantly familiar. You see the water moving, you see the terror on swimmer Chrissie's face, you hear the ominous tolling of a nearby bell buoy. You feel fear right through your bones. Digitally spruced up for Blu-Ray, part of Universal's 100th anniversary celebrations, Jaws returns with its teeth intact and newly buffed.

PETER HOWELL

On the web

Changes set for NBC's The Voice this season, including new 'knockout' punch and 'steal'

The Odd Life of Timothy Green opens on Wednesday. HANDOUT

Great things sprout from mere dreams

Growing whimsy. The Odd Life of Timothy Green's director struggled to balance reality and fantasy in film

RICHARD CROUSE
scene@metronews.ca

The Odd Life of Timothy Green comes by its mix of whimsy and realism honestly.

It was born from a dream. Sort of.

"I'd been dreaming that I was directing something and it was going well," says director Peter Hedges. "I had sat up in bed and told my wife I wanted to make one of those movies like A Field of Dreams or It's a Wonderful Life. She said, 'Great, go back to bed.' But I couldn't. 'What's the matter?' she said. 'I don't really come up with those kinds of ideas.'

That could have been the end of it, but as luck would have it he met with Ahmet Zappa, who had a loose idea about a childless couple who bury slips of paper with all the qualities they would like their child to have in the garden. After a heavy rain a young boy with five leaves on each ankle emerges.

Suddenly his whimsical dream was looking much more like reality.

"There was just a myriad of possibilities," the director continues.

"I started telling stories from my own experience as a parent, as a child, as an adult. All that I'd learned in the 15 years I'd been a dad. The meeting got very emotional. I didn't really want to write off of anyone else's notion but this was too delicious. It felt like if I took on its magic and married it with my experience and my deep need to explore, in a new way, the issues of family and love and how we treat each other and how we navigate this broken world… if I could put all that together, maybe I could come close to making the kind of film that I was dreaming about."

Finding a balance between realism and fantasy, however, was harder than he imagined. A table read of his initial script revealed some problems.

"About halfway through the reading fell apart," he says.

"Suddenly I found myself falling asleep and the room got very grim. What I realized was that while the ultimate journey was right, the middle of the movie was in deep trouble. I had more whimsy and less meaning."

A rewrite led to finding the right balance.

"With a film like this you take a bit of a leap," he says. "I think that is the enchanting part of cinema. "That's why we go to the movies."

Interview

Edgerton finds his soft side

Joel Edgerton talks about his latest film, The Odd Life of Timothy Green.

North American audiences are still getting familiar with you and this is a different kind of role for you. How has it been?

It's almost easier, in a way. Playing a role like Jim is kind of almost closer to me than Warrior is. You either have the same experiences, family-wise, that your character does or you have to alter them in some way or invent them. And I related to a lot of this character. What I do find hard is this aspect of "cool." It's easier to kind of lean on those things like violence and aggression as male emotions, but it's more interesting to look for the softer elements, you know?

NED EHRBAR, MWN

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Vanessa Paradis ALL PHOTOS GETTY IMAGES

Too personal, too public: Paradis struggles with prying questions

While Vanessa Paradis is out promoting her new movie, Cornouaille, she can't seem to dodge questions about her recent split from longtime partner Johnny Depp. "I don't want to talk about him. Who said that artists should sell their soul, expose everything about themselves?" Paradis asks in an interview with French Elle. "It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain." She does offer some insight, though, into what makes relationships work — and not work: "I hate, for example, whenever you hear someone say, 'You have to work at being a couple.' No, you have to want to be there," she says.

Tough stuff

"You can imagine what it feels like to see people making a business out of your pain." Vanessa Paradis

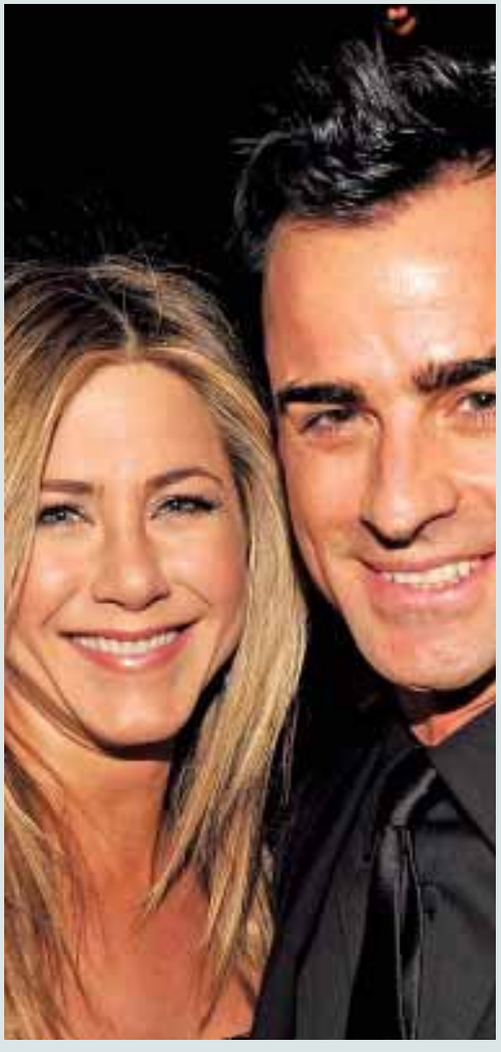
Russell Brand and Katy Perry

Perry wants ex to zip it about past, sources say

After one too many interviews in which Russell Brand ran his mouth about their failed 14-month marriage, Katy Perry has reportedly called in the lawyers to gag the British comedian, according to the Daily Star.

"Katy is fed up with Russell constantly making reference to their marriage in interviews," a source tells the newspaper. "While it's mainly harmless and often even complimentary, she's sick to death of his comments being splashed all over the news and magazines." So the Fireworks singer is taking matters into her own hands, according to the source: "She called lawyers and told them to put a gagging order on Russ to prevent him from speaking (about) her in public again. Katy vowed never to reveal the ins and outs of their marriage breakdown or speak about Russell in any way. All she wants is the same in return."

The Word



He put a ring on it: Aniston's on her way down the aisle

THE WORD
scene@metronews.ca

After more than a year of dating, Jennifer Aniston and Justin Theroux are engaged to be married, Theroux's rep confirms to People magazine.

"Justin Theroux had an amazing birthday on Friday, receiving an extraordinary gift when his girlfriend, Jennifer Aniston, accepted his proposal of marriage," his rep says.

Theroux, 41, and Aniston, 43, have known each other for years, but started dating more than a year ago after working on the comedy Wanderlust. Though that film disappeared quickly from movie theatres after its release earlier this year, the relationship clearly proved to have more staying power.

The two moved in together and tabloids soon began predicting everything from marriage to babies for the new couple. This will be Theroux's first marriage. It's not clear if a wedding date for the couple had been set. Aniston's engagement comes four months after Pitt and Jolie announced their engagement. WITH FILES FROM THE ASSOCIATED PRESS

Natalie Portman

Natalie introduces her baby to the beat

Newlyweds Natalie Portman and Benjamin Millepied are getting an early start on exposing their baby boy to culture, taking in a concert by the Los Angeles Philharmonic at the Hollywood Bowl recently, according to People magazine.

The Oscar-winning actress "looked pretty chilled out," a source says. "She was wearing jeans and a T-shirt, her hair was down. She looked more concerned about keeping (infant son Aleph) quiet and not disturbing anyone than anything else.

Macaulay Culkin at the 2010 Academy Awards.

Culkin's kin concerned about star

Macaulay Culkin's reps may insist that reports of the former child star's drug problems and failing health are bogus, but photos of the Home Alone star looking gaunt have his estranged parents worried. "I hope that he has the right people looking after him," Kit Culkin, who hasn't spoken to his son in 15 years, tells the Sun.

Macaulay's mother, Jeanette, adds that they fear their son is "dying of some disease or heavily into drugs," based on recent photos.

Twitter

@pattonoswalt
Jesus CHRIST. Just walked for 20 minutes at 10:30 pm in Miami and now I never want to stop showering. #muggy

@EllenBarkin
There is a satellite dish outside my window that I'm really growing attached to. I don't think it's mine. I'll find comfort elsewhere

@SethMacFarlane
In the ninth ring of Hell, you have to watch other people eat cereal for all eternity.

@SirPatStew
My brain hurts.

LIFE

Best Health

Hop on the benefits of cycling

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

If your bike is sitting in your garage collecting dust, it might be time for a gentle refresher on why two-wheeling for fitness is so great for you. In the current issue of Best Health magazine, Matthew Kadey explores some major life benefits of cycling.

1. You'll be trim
Cycling is a great calorie burner: A 130 pound woman cycling at a moderate pace for 30 minutes will torch around 240 calories. And according to a study in the American Journal of Public Health, adults involved in active travel are less likely to be overweight.

2. It's cheap and eco-friendly
Save on gas while saving the environment. Map out a two-kilometre radius from your home in which you can do bike errands. Start by wheeling to your pharmacy or grocery store once a week, and then expand your radius for an extra challenge.

3. You'll tame stress
A 2011 Swedish study found that people who drive to work are more stressed and are in worse health than those who bike to work. Join a cycle club if you need the extra motivation to get your endorphins pumping.

For more news on how to stay properly hydrated and get the right nutrients to keep you going strong in the saddle, check out Best Health, on newsstands now.

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A recent study shows that mold can cause asthma in babies. ISTOCK PHOTOS

Babies exposed to mold more susceptible to asthma

Factors. Study shows that risk of developing breathing problems is higher for babies that come into contact with certain harmful fungi

CELIA MILNE
life@metronews.ca

Keep your baby safe from mold.

Researchers in Cincinnati recently completed a study in which they looked for triggers of childhood asthma. They found that while air conditioning, dehumidifiers, carpeting, smoke and dogs did not increase asthma rates, mold did.

"The main new finding is that we were able to show an association between mold exposure in infants and the development of asthma in children," says lead author and professor Tiina Reponen from the University of Cincinnati.

Cats reduced the risk of asthma.

Asthma is a chronic inflammation of the airways. It affects about 12.5 per cent of Canadian children.

There were 289 babies in the study, all born healthy in Kentucky and Ohio. The scientists did home visits when infants were on average eight months old.

They assessed amounts of dust, mold (which is made up of fungi) and other allergens in the home. Then, the children received a clinical exam at age seven, and were tested for asthma.

Risk of asthma was 1.8 times greater in the children who were exposed to high amounts of mold.

"The main reasons for mold growth in buildings include wet basements, flooding, roof leaks, leaks from water pipes, and condensation of indoor moisture on cold surfaces," says Reponen.

Her advice?

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home. And even more critical if there is a parental history of asthma."

The study will be published in the Journal of Allergy and Clinical Immunology.

Quote

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home."

Prof. Tiina Reponen
University of Cincinnati

Swimmers should beware of bacteria

Public pools. Take the proper precautions and keep things sanitized when looking to cool off with the kids for remainder of summer

While many Canadians have turned to public pools this summer to seek relief from sweltering temperatures, experts say steps can be taken to prevent pool-related maladies like athlete's foot and plantar warts, as well as gastrointestinal infections that spread through exposure to bacteria.

Responsibility for disease prevention, they say, lies both with those who maintain pools as well as with swimmers themselves.

Shelley Beaudet, a senior environmental health officer with Vancouver Coastal Health, says two of the biggest pool-related ailments are infection by cryptosporidium and pseudomonas.

Cryptosporidium is spread when those with gastrointestinal problems like diarrhea use a pool. Pseudomonas, meanwhile, is a germ commonly found in water or soil, and can cause a rash for those who swim in infected water.

Both cryptosporidium and pseudomonas are resistant to chlorine.

THE CANADIAN PRESS

Hot tubs

Those who are using hot tubs should be aware too.

- **Signs.** Those using hot tubs should keep their eyes peeled for greasy-looking bubbles on top of the water, a sure sign of unsanitary conditions.

Public pools help with summer swelter, but infections could be lurking.
MICHELLE SIU/THE CANADIAN PRESS

On the Web

Kids pick nutritional Happy Meal when no toy offered with less healthy option: study

Upgrade your picnic with Black Olive Tahini Spread

ROSE REISMAN
for more, visit
rosereisman.com

This spread is similar to a hummus dip, but it adds black olives. Tahini is sesame seed paste found in the ethnic section of your supermarket.

It is great for dipping veggies and crackers during those lazy summer picnics.

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Start to finish: 5 minutes

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced black olives
- 2 tbsp chopped fresh basil or parsley

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.

2. Stir in the olives and garnish with basil or parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Best bets in booze

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's a party (or an afternoon on the porch for that matter) without a couple of drinks?

Hey, some studies even show that there are heart protective benefits!

As usual, though, there's a catch: Women should limit themselves to one drink per day, men can have 2. (Note: If, and only if, you can afford the calories without gaining weight.)

That means that you must pay attention to getting all of the nutrients and calories your body needs from food before adding the empty ones of booze.

So how many empty calories in your best bevvie? And how are you going to work it off?

For each drink of the following you have, you will need to walk very briskly (so you are out of breath the whole time) for:

- **1 light beer (12 oz) = 110 calories or 24 minutes**
- **1 vodka/soda (1.5 oz shot) = 125 calories or 28 minutes**
- **1 glass of wine (5 oz) = 125 calories or 28 minutes**
- **1 beer (12 oz) = 146 calories or 32 minutes**
- **1 bloody caesar (1.5 oz shot + 5 oz clamato) = 156 calories or 35 minutes**
- **1 vodka or gin/tonic (1.5 oz shot + 5 oz tonic) = 175 calories or 39 minutes**

Life is nothing more (or less) than a series of tradeoffs. You get to decide which more and what less every day. It's easy when you have all of the information.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Scotch Eggs. Pack them up for outdoor nibbling

The Scotch egg has been a tradition in pubs of the United Kingdom since 1738.

They are perfect to pack in a picnic basket. Eat them as is or with chili sauce. They can be served warm or cold.

1. Divide sausage into 8 equal balls. Pat each ball across palm of your hand to make flat oval.

2. Lay 1 hard-cooked egg in centre of each sausage. Wrap sausage around egg. Roll sausage-egg in hands to create smooth surface. Continue with all eggs and sausage balls.

3. Place flour and pepper in large shallow dish. In another shallow dish, whisk egg, 15 ml (1 tbsp) water and Dijon mustard. In third shallow dish, gently toss cornflakes and parsley.

4. Roll sausage balls in flour, then dip into egg mix and end with coating of cornflake mix.

5. Place coated eggs on greased rack placed on rimmed baking sheet. Bake in a 230 C (425 F) oven, turning once, until golden, 25 minutes. Cut into halves lengthwise. THE CANADIAN PRESS/ EGG FARMERS OF ONTARIO

Ingredients

- 500 g (1 lb) pork sausage, casings removed
- 8 hard-cooked eggs, peeled
- 75 ml (1/3 cup) flour
- 1 ml (1/4 tsp) coarsely ground fresh pepper
- 1 egg
- 10 ml (2 tsp) Dijon mustard
- 750 ml (3 cups) cornflakes, finely crushed
- 50 ml (1/4 cup) minced fresh parsley (optional)

Cheese tortellini turns Caesar salad into a complete meal

My seven-year-old son made me an expert at Caesar salad. Trouble is, Caesar salad alone does not make a healthy diet, and certainly not a substantial meal.

So I have experimented with how to bulk up this simple salad. Pan-crisped cheese tortellini were the perfect choice. Most people don't realize it, but fresh pasta (the variety sold in the refrigerator case) can be cooked without water. Just give a spritz of cooking spray to a non-stick skillet, add the pasta and sauté until lightly browned and crisp.

Although champagne vinegar works best for this Cheese Tortellini Caesar Salad, white balsamic vinegar is a fine substitute. If you have leftover cooked chicken, use that. I found that a 1 1/2-pound rotisserie chicken worked well.

1. Heat skillet over medium-high. Spritz with cooking spray, add tortellini. Sauté tortellini for 6 mins., or until lightly browned and slightly crisped. Transfer to a plate to cool.

2. In blender combine anchovies, garlic, mustard, vinegar and egg. Purée until smooth. With blender on low speed, drizzle in the oil. Add the cheese and purée until smooth. Season with pepper, then set aside.

3. In bowl, toss chicken and romaine. Drizzle about half dressing over salad, then use hands to toss until well coated. Add tortellini and drizzle additional dressing, tossing again. You may not need all dressing.

J.M. HIRSCH, AUTHOR OF HIGH FLAVOR, LOW LABOR: REINVENTING WEEKNIGHT COOKING/ THE ASSOCIATED PRESS

Ingredients

- 10-oz package fresh cheese tortellini
- 2-oz tin oil-packed anchovy fillets, drained
- 3 cloves garlic
- 3 tbsp Dijon mustard
- 1/4 cup champagne vinegar
- 1 large egg
- 1 cup canola or olive oil
- Ground black pepper
- 1 oz Parmesan cheese, finely chopped
- 3 cups cooked and cooled chicken meat, torn into bite-size chunks
- 3 heads romaine lettuce, roughly chopped

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Car-sharing programs

Living carless and carefree

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I've been living in the inner city for six weeks and have used my car a grand total of 11 times; three of which weren't entirely necessary — I was running late for meetings.

Prior to moving downtown from suburbia, I'd tossed around the expensive idea of replacing my seven-year-old Volkswagon with a one-year-old hybrid. But now that I can walk to work, appointments, the grocery store and friends houses, I'm considering the exact opposite — a vehicle-free lifestyle.

The economic case for going carless is strong — no more car payments, maintenance bills, insurance fees, traffic jams, depreciation and parking expenses.

From an environmental perspective, less fuel is burned, and fewer automotive parts are manufactured and ultimately scrapped.

But, what happens when the carless person needs a vehicle?

I had such an experience in July while I was enjoying a few days in Vancouver.

I'd flown into town and taken the Canada Line into Yale Town. On day two, when it was pouring rain outside, I needed a car to run errands. Car2Go was my solution.

Car2Go is a community car-sharing program located in major cities throughout Europe and North America. Car2Go's Smart Cars are parked throughout a city and can be rented for as little time as a few minutes, for approximately $0.35 per minute or $13 per hour, up to a few days, for approximately $65 per day.

Once a member, if you see a Car2Go on the street or locate one online, you can grab it. No reservation required. There is a small one-time sign-up fee and the per minute, hour or day utilization fee includes fuel, parking, mileage, insurance, maintenance, GPS, cleaning, 24/7 customer support and roadside assistance.

In my case, paying $0.35 per minute works out to nearly the same cost, if not less, as driving my personal vehicle when I take into account the total cost of car ownership.

ZipCar is another car-sharing service that allows you to borrow different models of vehicles for varying rates that are competitive with Car2Go.

So, if you need a truck to move furniture, ZipCar has larger vehicle models in its fleet. ZipCar's cars have to be returned to the same parking stall meanwhile Car2Go vehicles can be dropped off in most designated zones (as determined by Car2Go).

Modo is another option that allows a specific community of people to use one vehicle within a coop. Under this model you buy into a share of the vehicle for a one-time refundable fee; typically $500 per person plus pay a usage rate.

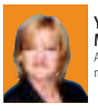
With car-sharing options now available in most major cities in Canada, going carless is easy. To see how you can save money, compare the programs in your community to the costs, and hassles, of owning your set of wheels.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

Four ways to head off higher grocery costs

Alison's Money Rule.
Fight food inflation with leftovers, planning, coupons and bulk buying



YOUR MONEY
Alison Griffiths
money@metronews.ca

Bad news! You're about to about to spend up to $2,000 more between now and the end of 2013. Initial projections have food costs rising 5.5 to 7.5 per cent, thanks to the North American-wide drought.

According to the Alberta provincial Ministry of Agriculture and Rural Development, a family of four averages $800 monthly in basic grocery spending. The increase will add from $704 to $960 to the grocery budget over the next 16 months.

This amount doesn't include extras like condiments nor does it account for takeout or restaurant meals. Add those in and families will be paying at least $125 more monthly.

Don't despair. Here are 4 ways to laugh at food inflation.

1 Utilize leftovers
Let your fridge dictate what the meal will be. For instance, if you have half a pork roast and assorted veggies, stir fry the lot, cook up a pot of rice as a side dish and spice to taste. Nutritious, tasty and fast! Keep track with a leftover log on the side of the fridge.

2 Plan
Plan meals in advance to avoid last minute grabs or takeout, which are expensive and often unhealthy. A menu plan makes it easier to shop for an entire period and integrate leftovers into the menu.

3 Clip
If you forget to clip or print coupons from the web, check customer service in the store. Clipping or surfing for coupons is also a great way to involve young kids in shopping. Canadianfreestuff.com does a lot of the work for you with lists of printable and mailed coupons.

Drought in North America is causing grocery costs to rise. ISTOCK IMAGES

4 Buy in bulk
Expect savings of 15 to 30 per cent on bulk shopping for items like chicken, hamburger and cheese. Then bulk up your cooking by intentionally creating leftovers for dinner and brown bag lunches. However, carefully check your prices, 14 per cent of bulk purchases surveyed by the U.S. Department of Agriculture (USDA) actually cost more. No room to store? Try splitting purchases with a friend.

Advice

Pregnant smoker, so what do I do?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles, Recently, I was on the subway in Toronto and I observed a pregnant woman smoking. Yes, smoking. I wanted to pull that cigarette out of her hand, but also didn't want to create a scene. What should I have done? Brian

Dear Brian,
Wow! What seems like such a simple and obvious answer sure leaves us with some very difficult questions.

First, I think it's common knowledge by now that smoking while pregnant is both dangerous to the unborn baby's health as much as it is to the mother.

Back to how to deal with the situation. I would observe the mother; are you sure she is pregnant and not just overweight? If I felt it was safe to approach her and she was in fact pregnant, I might just quietly go up to the smoking mother and say something like, "I'm very sorry to bother you, I see you are pregnant, Congratulations. If I may just say, are you aware of the dangers of smoking while being pregnant?"

And then, based on her answer, I would either continue the conversation or, if she clearly does not want to discuss it with you I would wish her all the best, and walk away. The one thing I know I would not do is create a scene, which never solves the problem.

Now that you have read my thoughts, I really want to hear back from you. I ask my fellow Canadians, what would you do and or say in this situation? I will publish some to the best answers and approaches in a future column.

Lets hope we never experience this.

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ACADEMY'S SUCCESS SPEAKS FOR ITSELF

LONDON INTERNATIONAL ACADEMY ATTRACTS TOP STUDENTS FROM AROUND THE WORLD

The London International Academy is bringing the world to London and hopes the seeds this experience plants will eventually blossom into long-term roots in the Forest City.

"We have students from all over the world, the majority of them are from Asia — specifically China — and we want to reach out to South America," explains Jordan Westman, LIA's head of marketing and admission. "These are kids who come to London, contribute to the economy, and are very successful."

The school offers grades 9 through 12, as well as providing ESL classes to the greater community. Students attend classes in London, are integrated into the community, and live in one of two residences in the downtown area.

Established in 2002, the school has a staff of 40 and is hoping for an enrolment approaching 250 students this year. It's a far cry from the original class of 10. And the program's success? It speaks for itself.

"Last year, 100 per cent of our students were accepted to major Canadian universities and more than half of them obtained scholarships," Westman says, adding that a key focus for the LIA is now to have these students stay in or return to London following post-secondary graduation.

While there are other academies throughout North America, LIA has been very competitive in attracting top students. And the fact that so many families are sending their children to London — at a not-insignificant cost — is a testament to the value of a Canadian education, Westman says.

"It's a cultural thing — these people see Canada as a very educated country and they want the best education for their kids."

For more, see lia-edu.ca.

AHEAD OF THE CURVE

ISTOCKPHOTO/THINKSTOCK

The dog days of summer may not inspire thoughts of returning to university or college, but a lack of preparation now might come back to bite you.

Deborah Rowan-Legg, vice-president of student services at Algonquin College, says getting a head start in the last weeks of summer can help students thrive when the year begins.

"The more a student can anticipate and be organized as the term begins, the less likely they are to fall behind or have any anxiety," she says.

She suggests logging into your student account to look at your upcoming timetable. It's usually released a month before classes start and tells you where and when the classes are and what books you will need. Start reading — it will make learning easier once classes begin.

If you are worried about a particular course, contact student services about your concerns and book a peer tutor ahead of time.

If you will have a job this term, you can gauge your scholastic workload now and figure out how much time that leaves for work. If you are going back to a job, touch base with your supervisor today to have the best chance at getting shifts that work around your classes.

"If the student has applied for financial assistance, ensure their application is complete and they're receiving the assistance for which they qualify, so there won't be any delay," Rowan-Legg adds. "It's a precautionary step."

Lorna Millard, an academic adviser at Vancouver Island University, says a major mental shift for students straight out of high school is that they are now treated as adults, not children or young adults.

"It's a big transition," she says.

"The onus is on the student. The institution will provide all kinds of support, but we don't ram it down their throats."

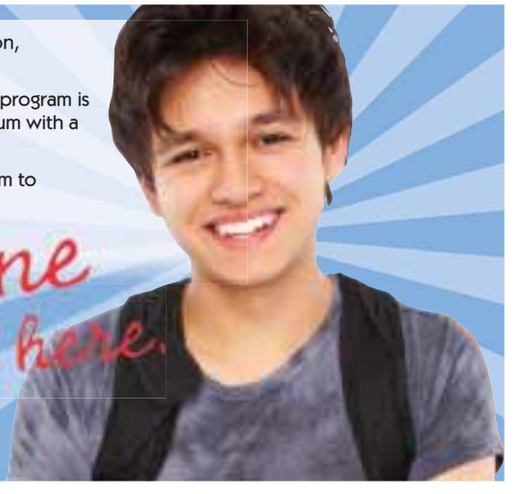
– Jon Tattrie

London International Academy, is a Private Secondary Boarding School, located in the beautiful "Forest City" of London, Ontario. We offer academic courses from ***Grade 10 to Grade 12 to international students from around the world!***

At LIA, we pride ourselves on accommodating the ***distinctive needs*** of the ***individual student.*** Our secondary school program is flexible, with four semesters of study accompanied by a wide selection of courses. We provide a full Canadian curriculum with a fully certified teaching staff and ***comfortable residence living***.

With just over 200 students and in our ***10th academic year,*** students at LIA don't just attend classes, we encourage them to become involved in the wider London community.

These are exciting times for London International Academy and we look forward to sharing them!



London International Academy

lia-edu.ca • Tel: 519-433-3388 ext. 1109
361-365 Richmond Street, London, Ontario

WESTERVELT: FOCUSING ON WHAT MATTERS TODAY

Westervelt College prides itself in the uniqueness of its programs. Aside from having highly motivated and qualified instructors, the method in which the programs are designed speaks for itself.

One of the school's programs is the business accounting diploma. In this program, like others, Westervelt ensures that it is up-to-date in the content and approach. Since inception, the program has been constantly updated to keep up with industry standards.

In December 2001, the world witnessed the Enron/Andersen scandal. Since then, the accounting field has undergone many changes to ensure that something like that does not repeat itself. Westervelt College's business accounting diploma will prepare you in the academics and the ethics.

First, the school focuses a great deal of attention on the practical knowledge and skills. Westervelt's instructors are qualified and will do whatever is necessary to help you tackle these basics.

As well as bookkeeping and accounting, the business aspect is also covered in depth. A variety of managerial accounting topics such as costing and break-even analysis are also part of the studies.

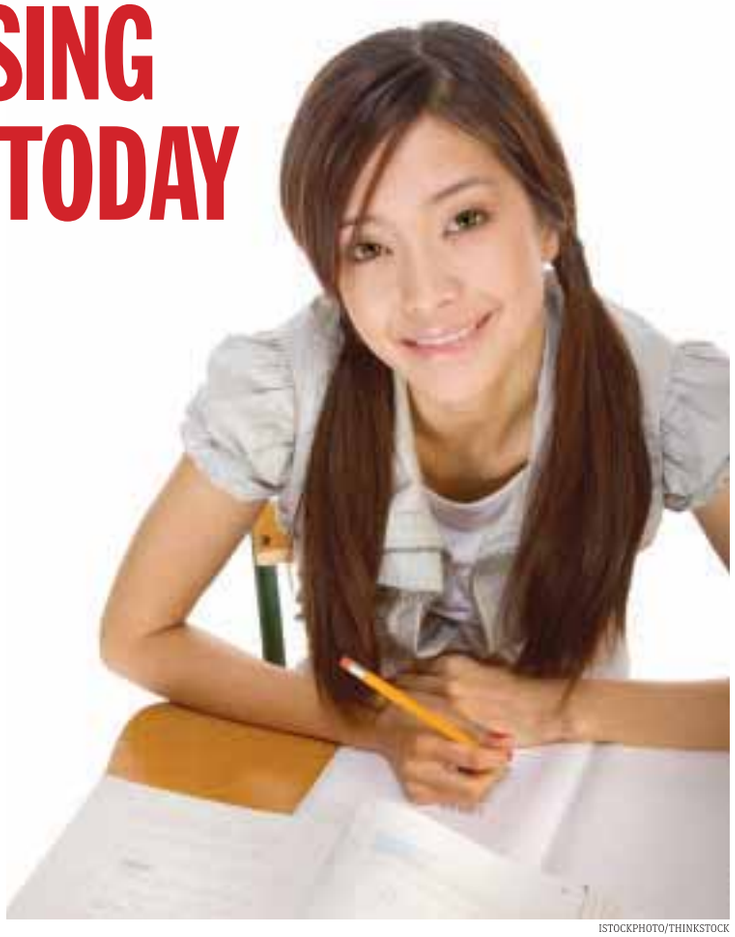
Courses in marketing, small business management, negotiations, business math, micro and macro economics, and taxation fundamentals will help you understand today's complex economy.

Westervelt College's business accounting diploma program is very practical, focusing on what matters in today's industry. The goal is to have students graduate and be prepared to work in any accounting field and use their rigorous training coupled with their understating of ethics and corporate social responsibility.

This may also translate to a graduate who can run their own business.

The fields of accounting and tax are sensitive in that one is dealing with people's livelihood, and like doctors and lawyers, accountants and bookkeepers must adhere to a higher standard of morals.

For more, see westervelt.ca.



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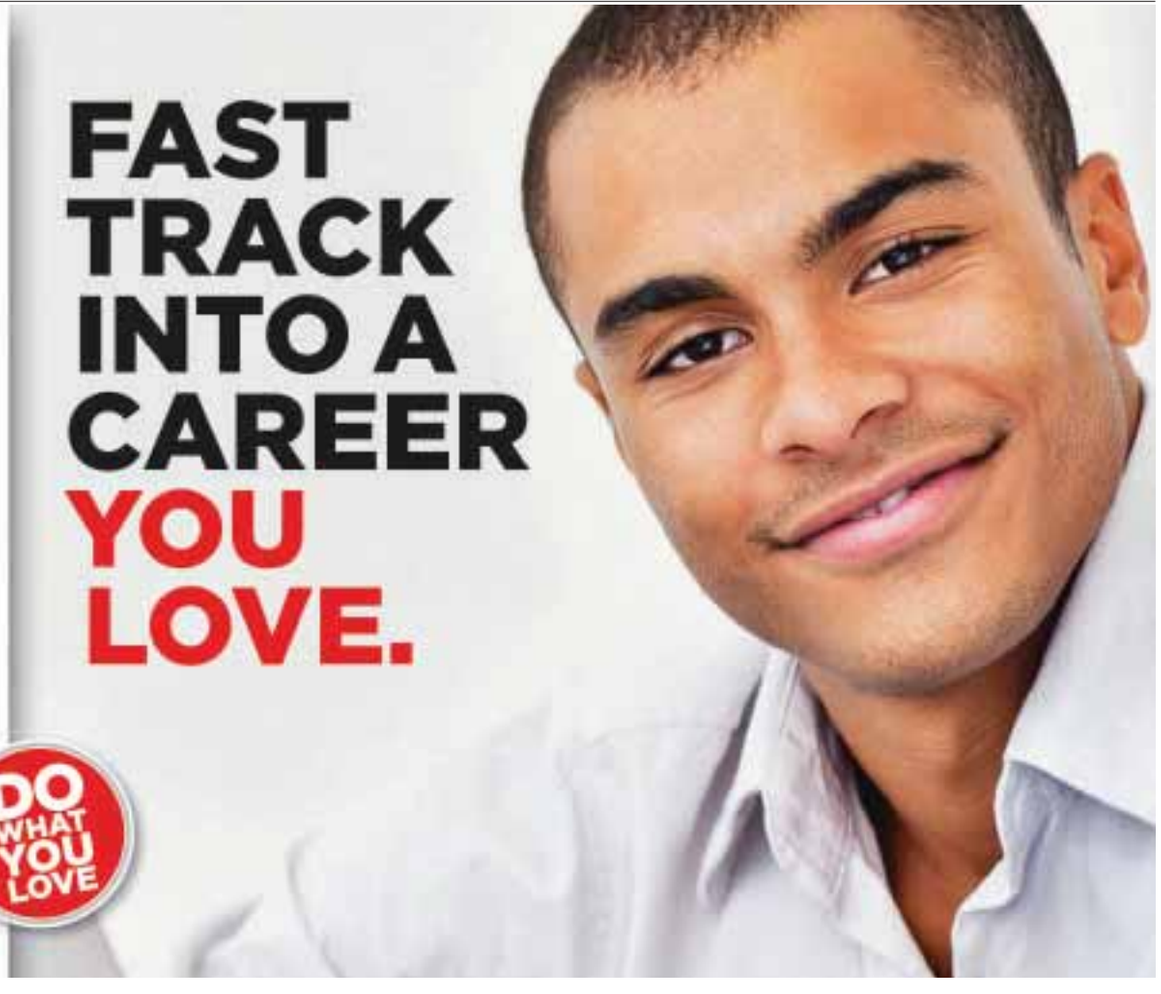


TOP UP SKILL SET AT FANSHAWE

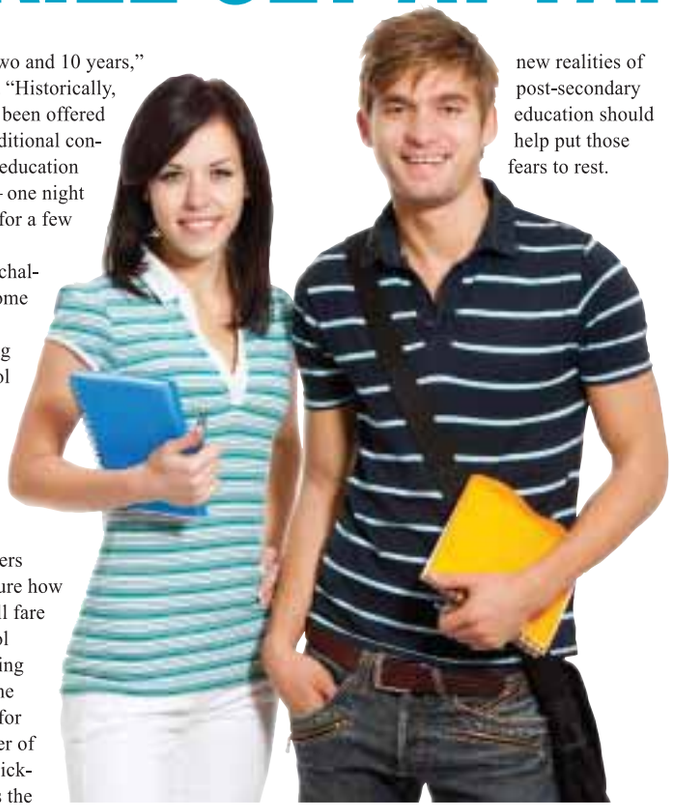
With a working environment in flux, some adults find themselves returning to school to enhance their skill set. Fanshawe College has implemented a new accelerated career training program to help unemployed and under-employed workers upgrade their skills and help them get back into the workforce quicker.

"Typically, the participants in these programs are career-oriented, but not in the workforce — some may be laid off — and they realize to get back into the workforce they need to update their skill set," explains Tom Pickard, Fanshawe College's academic manager. "You can complete them in four to six months and they're very skill and knowledge specific."

The programs Fanshawe offers on a fast-track basis are: Computerized office essentials; occupational health and safety; health-care office assistant; personal support worker; and early childhood education diploma.

Fanshawe is not reinventing the wheel with these programs — it is just adjusting how quickly that wheel spins.

"Those individual programs have been around for varying lengths of time — between two and 10 years," he says. "Historically, they've been offered on a traditional continuing education basis — one night a week for a few years."



One challenge some adults returning to school face is nerves. Some feel they are too old; others aren't sure how they will fare at school after being out of the system for a number of years. Pickard says the new realities of post-secondary education should help put those fears to rest.

"The typical continuing education student is between 25 and 45, has usually been in the workforce, and have just identified that they need to upgrade their skills," Pickard says.

"The average age of a student in college is approaching 30 — it has increased significantly. Typically, in this type of (continuing education) program, the age is even higher.

"And we're so focused on student success — and there are so many resources available — that no one should be concerned about returning to school."

Some people aren't looking for a wholesale return to school. For those who are looking for a quick top-up of their skill set, Fanshawe also offers one- and two-day "in-a-day" workshops on topics ranging from computer programs to leadership.

"We offer a cross-section of different workshops and we offer several hundred of these a year," he says.

"Quite often, employers really support this type of training and will encourage their employees to attend."

For more information, see fanshawec.ca/ce, or call 519-452-4430, ext. 2970.

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FINANCIAL FOUNDATION

SCOTIABANK HAS A PLAN TO HELP STUDENTS SAVE

THINKSTOCK

For many students, entering the world of post-secondary education presents a whole host of challenges: Being away from home for the first time; juggling classroom requirements and a social life; and, of course, making sure those ends meet to ensure that you have enough cash for food, rent, and recreation.

While Scotiabank can't help with the first few, the company has created a plan that directly addresses the latter.

"At Scotiabank, we know how important our youth are — they are our future," says Jim Yeomans, community manager, London Centre Scotiabank. "London, Ont., is blessed with an excellent quality of post-secondary education — including Western University and Fanshawe College.

"We understand that post-secondary education can be expensive, so we have our student banking advantage plan."

The plan is tailored to meet the lifestyle needs of this student demographic. The plan offers no monthly account fees, unlimited debit and cheque transactions, and access to standard banking amenities.

Yeomans adds Scotiabank has implemented programs that take advantage of the modern student's communications preferences.

"Scotiabank tries to make banking new and fun, with innovations such as Scotia InfoAlerts — (where) customers can receive text messages or email alerts that keep them up-to-date on changes that occur to their banking," he explains.

Of course, you know what they say about all work and no play — which is why Scotiabank has been actively promoting its Scene program, which provides loyalty rewards that students can use to redeem for movies and other entertainment options.

The goal for Scotiabank is to provide students with the tools and resources they need to start their adult financial lives on the right foot — and that experience will help carry them together, with Scotiabank, into the next stage.

"We know that as these students are learning and building a strong foundation through a good foundation, we also want them to learn and build a strong financial foundation," Yeomans says. "We can help them through their education and then bridge them into their careers: Buying their first home; starting a family; and investing for their future."

For more about Scotiabank Student Banking Advantage, see scotiabank.com/ca/en.

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Following in Tiger's wake

Golf. Rory McIlroy has now won two majors, including this weekend's PGA

Rory McIlroy and Tiger Woods during the Abu Dhabi HSBC Golf Championship in January. ROSS KINNAIRD/GETTY IMAGES

The comparisons are inevitable. The incredible skill, the youth, even the red shirt on Sunday.

Rory McIlroy's dominant performance in winning the PGA Championship this weekend looked a lot like the early days of Tiger Woods.

Woods saw it coming more than three years ago. McIlroy made his professional debut in the U.S. at age 19 and reached the quarter-finals of the Match Play Championship. Woods saw how he drove the ball, the putts he made, the efficient short game and the composure.

"He has all of the components to be the best player in the world, there's no doubt," Woods said back in March 2009. "It's just a matter of time and experience, and then basically gaining that experience in big events. Just give him some time, and I'm sure he'll be there."

McIlroy didn't need much time at all.

The 23-year-old golfer from Northern Ireland has now won both his majors, the U.S. Open last year and this weekend's PGA Championship, by eight shots. There have been only five majors won by eight shots or more since 1976 — three by Woods and two by McIlroy.

McIlroy also won his two majors at a slightly younger age than Woods, though that is a little misleading because he turned pro earlier. The PGA Championship was McIlroy's 16th major as a pro. Woods won his second major in his 12th try.

But it was the way McIlroy won at Kiawah Island that allowed for the comparisons. After rain forced play to be suspended Saturday, he returned Sunday morning to finish the third round and built a three-shot lead. He wasted no time, pulling ahead with two early birdies.

And on a demanding Ocean Course with enough wind to demand utmost precision, McIlroy played the final 23 holes without a bogey. It was reminiscent of Woods going the last 26 holes without a bogey at Pebble Beach in the 2000 U.S. Open.

"He seems to have that ability that when it's a big tournament, he's right there just waiting to break loose," Davis Love III said Monday. "A lot like Tiger. The bigger the stage, the better he plays."

Does that make McIlroy the next Woods? Not yet.

Winning the second major was a big deal to McIlroy because so much is expected of him. He was never going to be a one-and-done major champion. The golf world knew that. But his win at Kiawah followed a turbulent season of peaks and valleys.

McIlroy held off a furious charge by Woods to win the Honda Classic and go to No. 1 in early March. He went into a funk by missing four cuts in five tournaments, and then he shut up the critics with another dominant display in the final major of the year.

Next year is when McIlroy will see if he can stack up to the almost incomparable standard created by Woods.

THE ASSOCIATED PRESS

Quoted

"Tiger Woods is a once-in-a-lifetime type player, and Rory McIlroy is at least a once-in-a-decade type player. He's that good."

Pro golfer Graeme McDowell

Union to present alternative to NHL: Fehr

NHLPA's Donald Fehr talks to journalists Monday after leaving talks between the NHL and NHLPA to avoid a potential lockout. CHRIS YOUNG/THE CANADIAN PRESS

The NHL Players' Association is dreaming big.

Faced with an initial proposal in collective bargaining that held absolutely no appeal, NHLPA executive director Donald Fehr is proceeding as though it never happened. Rather than quibbling over the fine points of the NHL's offer, the union has chosen to reimagine the league's economic system in a proposal it will deliver on Tuesday.

"What we expect to do tomorrow is to put forth an alternative view as to what we should do next," Fehr said Monday. "That's the best way I can put it."

It's a bold move with a Sept. 15 deadline looming for a lockout.

The initial offer from the NHL called for a lowering of the players' share in revenue and introduced new contract restrictions, among other things. There wasn't one aspect of it that appealed to the union, with one source saying the NHLPA felt it was designed to "anger and provoke" rather than kick-start meaningful discussions.

Fehr will instead offer up a "different kind of an approach" — one that no doubt includes expanded revenue sharing.

THE CANADIAN PRESS

PM weighs in

Like most hockey fans, Prime Minister Stephen Harper is hoping there won't be a work stoppage this fall.

- But Harper says a lockout could have one bright spot. "The one positive thing that a strike does is draw attention to other high-calibre hockey that is played in this country and around the world," Harper said Monday.

NFL

Nicks ready to return to Giants

Wide receiver Hakeem Nicks has been taken off the physically unable to perform list by the New York Giants and is eligible to start practising with the Super Bowl champions.

THE ASSOCIATED PRESS

NHL

Flyers' blue-line woes worsen

Flyers defenceman Andreas Lilja had left hip surgery last month, and is expected back in late October or early November.

Lilja, 37, joins a list of problems on the blue-line for the Flyers, who lost out on signing defenceman Shea Weber when their contract offer for the all-star was matched by Nashville.

Andreas Lilja GETTY IMAGES

THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

The Baltimore Orioles have defied logic this season in a manner that transcends their unlikely stature as a playoff contender. Baltimore has been outscored by 49 runs, yet trail the AL East-leading New York Yankees by only 5 1/2 games and are in second place in the wild-card race. How have they done it? Scan the code for the story.

Canada's homecoming queens

Olympic gold medallist Rosie MacLennan, from King City, Ont., signs autographs upon arriving at Pearson International Airport on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Warm welcome.
Gold medallist MacLennan among several athletes to return home from London

Canada's Olympians were greeted by cheering fans and throngs of media as they touched down on home soil Monday.

A large crowd of young and old alike serenaded soccer star Christine Sinclair as she arrived in Vancouver a day after carrying Canada's flag in the London Games closing ceremony.

Across the country, Sinclair's teammate Diana Matheson, who scored the dramatic winning goal in Canada's bronze-medal victory over France, also received a hero's welcome when she arrived at Toronto's Pearson airport.

"I think right now we're going home to sleep for a week," said Matheson.

Canada's only gold medallist was also greeted by adoring fans in Toronto.

Trampolinist Rosie MacLennan, proudly wearing her medal around her neck, said her Olympic success has brought a lot of attention to her sport.

"Now everybody knows my name," said the 23-year-old MacLennan, who has seen her Twitter followers explode from 900 to more than 14,000 after the big win.

The women's soccer bronze was one of the biggest Canadian stories of the London Games after the team lost to the United States in a semi-final marred by controversial officiating.

Sinclair said the bronze medal reaffirms her desire to go for gold again at the 2016 Summer Games in Rio de Janeiro.

In the months leading up to the Games, the 29-year-old, Burnaby, B.C., native said she would keep playing until at least the 2015 Women's World Cup, which Canada is hosting, and likely stay on for another year for the Rio Games.

But there was no doubt about her future Monday as she spoke to reporters, signed autographs and posed for pictures for hundreds of fans.

Sinclair helped Canada claim its first-ever Olympic medal in soccer as she led all scorers at the Games with six goals. It was also Canada's first medal in a traditional team sport at a Summer Games since 1936.

Sinclair's teammate Sophie Schmidt said the adulation showered on Canada's captain was well-deserved.

"She's meant so much to this team, and been the heart and soul of the team for so long," said Schmidt. "Now, finally, she has that medal. That kind of gives her that hero status. It's amazing."

THE CANADIAN PRESS

Quoted

"I'm not retiring. I don't think any of us are retiring."
Canadian women's soccer captain Christine Sinclair

For more Olympic coverage visit metronews.ca/olympics.

Women's soccer hero Diana Matheson, from Mississauga, Ont., shows off her bronze medal upon her arrival in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Van Koeverden lands in T.O.

Adam van Koeverden talks to members of the media upon his arrival at Pearson International Airport. The silver-medal-winning kayaker said he is still pondering his Olympic future.
"I'm looking forward," said the Burlington, Ont., native. "I don't know that I'm done." DARRYL DYCK/THE CANADIAN PRESS

Medal wins don't always mean athletes strike it rich back home

Many of Canada's Olympic medallists are already returning home to a hero's welcome across the nation.

But once the dust settles, it's unlikely they'll be cashing in on their Summer Games success.

"Canadians really love the Olympics more than they realize," said Cary Kaplan, president of Cosmos Sports, a sports marketing company in Mississauga, Ont.

"It's bonding. It's huge. But when it's over, (the excitement) doesn't carry over. It tends to drop off a cliff."

A lack of public interest in amateur sports that are so revered during the Olympics — like diving, kayaking and gymnastics — has historically resulted in corporate Canada passing over Olympians, even ones with gold medals hanging from their necks.

"The problem is sponsors don't sponsor athletes out of the goodness of their hearts, although it would be nice if that was the case," said Kaplan, whose past clients include Golf Canada and a handful of National Hockey League teams.

"The vast majority do it for specific return on investment and economic benefit. Unless an athlete or sport transcends or goes well beyond the Olympics, it's difficult."

Canadian soccer star Christine Sinclair said although she's been lucky so far at winning corporate sponsorships, many of her peers have not experienced the same success.

"For me personally, these Olympics, I feel like I've been a fortunate one in terms of sponsorships and things like that," she said Sunday after being named Canada's flag-bearer for the closing ceremony in London. "But it needs to happen for more, like my teammates. Obviously I know the soccer side of things. I think they deserve more. They're some of the best players in the world and aren't seen as such."

THE CANADIAN PRESS

Quoted

"You hear all the time, even during these Games, that talent and perseverance is an important part of the equation, but so are resources."
Brock University sports-management Prof. Cheri Bradish

For Canadian athletes, the reality is that there just aren't many multimillion-dollar endorsement deals to be had at home. DAN KITWOOD/GETTY IMAGES

Ottawa. 'Inspiring' Olympians get a warm welcome from fans

If the Ottawa police pipe-and-drum band wasn't welcoming enough for local Olympians at the Ottawa International Airport Monday, the onslaught of greetings from dozens of friends, family and fans certainly was.

The sound from the pipes echoed through the hall as the athletes emerged from the customs gate one by one. Within seconds the fans drowned out the sound with loud cheers and applause.

Men's 4x100 relay teammates Oluwasegun (Segun) Makinde and Gavin Smellie were the first to come out.

The pair were all smiles, despite a disappointing performance just two days ago in London, when Canada was disqualified after fellow runner Jared Connaughton stepped over the inside lane.

"I was very disappointed," said Smellie at the airport Monday. "We managed to pull ourselves together and keep our heads up and hope the best for the future."

To see the number of people who showed up to welcome him home was a big surprise for the 26-year-old.

With the silver medal from men's eight rowing dangling from his neck, Canadian Conlin McCabe said it felt "awesome" to see many excited fans and media put a spotlight on his team.

"Coming from Brockville, (Ont.), this never happens in our sport," said McCabe, before signing an autograph on a young boy's T-shirt.

Rower Conlin McCabe waves to fans at the Ottawa airport Monday with his silver medal dangling from his neck. JOE LOFARO/METRO IN OTTAWA

Emma Lis, an Ottawa South United Soccer Club player, didn't know any of the athletes personally, yet she rushed to the airport just to see them arrive home.

"The saying for the Olympics this year was 'inspire a generation,' and I really feel that these athletes have done that," said Lis, 19.

"I definitely want to make it to the Olympics one day, and the women's soccer team especially proved that they were able to compete at such a high level. So it just opens the door for a lot of young athletes."

JOE LOFARO/METRO IN OTTAWA

Bringing home the goods

Olympic bronze medallist Mark de Jonge, from Halifax, poses with his medal as he arrives back in Canada at Pearson airport in Toronto on Monday. J.P. MOCZULSKIIT/THE CANADIAN PRESS

Olympian Custio Clayton is reunited with his girlfriend, Charis Diggs, and his son, Kyreece, as he returns from the London Olympics to a hero's welcome at Halifax Stanfield International Airport. JEFF HARPER/METRO

Boxer Custio Clayton floored by reception

Halifax. Athlete is among five Olympians returning to Nova Scotia after impressive showings at the Summer Games

ANDREW CALEY
halifax@metronews.ca

The moment the doors opened at Halifax Stanfield International Airport and revealed boxer Custio Clayton, the crowd erupted.

Clayton, from North Preston, N.S., had a huge smile as his son was passed to him through the crowd and his friends and family presented him with a medal.

"This is crazy. I mean, to come through here and see all these people here, it doesn't get much better than that," Clayton said.

A collection of a few hundred family members, friends and fans waited at the airport to greet their Olympic heroes Monday afternoon.

Along with Clayton, Nova Scotia's Ellie Black, Geoff Harris, Jenna Martin and Danielle Dube returned home after an impressive showing at the Summer Games in London.

Clayton lost a controversial decision on a count back to Great Britain's Freddie Evans in the quarter-finals. A win would have guaranteed him at least a bronze medal. But Clayton took the decision in stride and is looking forward to getting a chance to sit back and rest before getting back to the gym.

Just the beginning?

Ellie Black, Custio Clayton and Geoff Harris all confirmed that after some rest, they will set their sights on the Rio 2016 Olympics.

"To see all these people behind me even though I didn't win a medal.... But deep down they believe in me and believe I won the medal and I believe I won the medal and that's what's important."

Black, the 16-year-old gymnast from Halifax, came through the airport gates to chants of "Ellie! Ellie! Ellie!"

"It's amazing," she said with tears in her eyes. "It is the best experience ever. Everyone's here."

Black's strong performance, particularly in vault, helped propel Team Canada to its first-ever team final in the Olympics and a Canadian-best fifth-place finish.

Black said being in London was a great experience and that she will use what she learned there to help propel herself toward the 2016 Summer Games in Rio de Janeiro.

But for now, she just wants to get home and see those who didn't make the trip to the airport.

"I can't wait to get home and see my dog," she said with a laugh.

7.5 M watch closing ceremonies

The closing ceremony was Canada's most-watched event of the London Olympics.

An average of 7.5 million people tuned in to Sunday's broadcast of the Summer Games finale.

That was more than the 6.4 million Canadians who watched the opening ceremony.

Usain Bolt's run to gold in the 100 metres was Canada's most-watched sports event with an average of 6.2 million tuning in to both the English and French broadcasts of the Aug. 5 race.

Tough to compare

While the Canadian ratings for London outpaced the Beijing Games four years ago, it's difficult to compare the two because a new ratings-measurement system was introduced in 2009 that has seen sports TV ratings skyrocket.

The controversial women's soccer semifinal between Canada and the U.S. was second with an average of 3.1 million tuning in.

Canada's Olympic broadcast consortium said 31.9 million viewers tuned in to TV coverage between July 27 and Aug. 12. That's up from the 24 million who watched the 2008 Beijing Olympics on CBC.

The broadcast consortium said 3.4 million hours of content was viewed at CTVOlympics.ca and RDSolympiques.ca, while more than 1.1 million mobile apps were downloaded.

THE CANADIAN PRESS

A performer during the closing ceremony of the London Olympics on Sunday. GETTY IMAGES FILE

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MISCELLANEOUS

Miscellaneous

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Horoscopes

♈ Aries
March 21 - April 20
Whatever else you do today, you must not take sides in a dispute. Power planet Pluto warns that even if you pick the winning side, you will lose out in ways you had not expected. Stay neutral — it's safer.

♉ Taurus
April 21 - May 21
No matter how successful you have been in your career, you can't shake the feeling that you could have done even better. Maybe it's true, maybe you could, but there's still today and tomorrow.

♊ Gemini
May 22 - June 21
For some reason, you have got it into your head that a friend or colleague is trying to take advantage of you. Most likely it is your imagination playing tricks on you. Master your mind, don't let it master you.

♋ Cancer
June 22 - July 23
Use your powers of persuasion to convince a friend or relative that what they are worrying themselves silly about is not worth the effort. And after you have convinced them, you might like to do the same for yourself.

♌ Leo
July 24 - Aug. 23
The message of the stars today is that you have taken on too much and need to cut back on your commitments. You may not want to let people down but the fact is your health must come first.

♍ Virgo
Aug. 24 - Sept. 23
A friend or colleague will suggest something today that sounds really good, but because you are worried about your money situation you may let it pass. Mistake! It could be the cash cow you've been looking for.

♎ Libra
Sept. 24 - Oct. 23
Other people may think that a certain course of action is wrong but you don't have to agree with them. Only you can decide what is "right" and "wrong" in your life, so don't give that power away.

♏ Scorpio
Oct. 24 - Nov. 22
You will achieve more in the long-term if you deal with people one-to-one than if you try to get your message over to large groups. Use your Scorpio charm (yes it does exist!) to get what you need.

♐ Sagittarius
Nov. 23 - Dec. 21
It may be that your options are limited but they are not so limited that you have to sit back and let fate turn you this way and that. Make a decision today and stick with it. Show fate you're the boss.

♑ Capricorn
Dec. 22 - Jan. 20
You have big ideas and big plans, but are you ever going to do anything with them? The planets urge you to stop thinking so much and actually start working. A little bit each and every day is all that is needed.

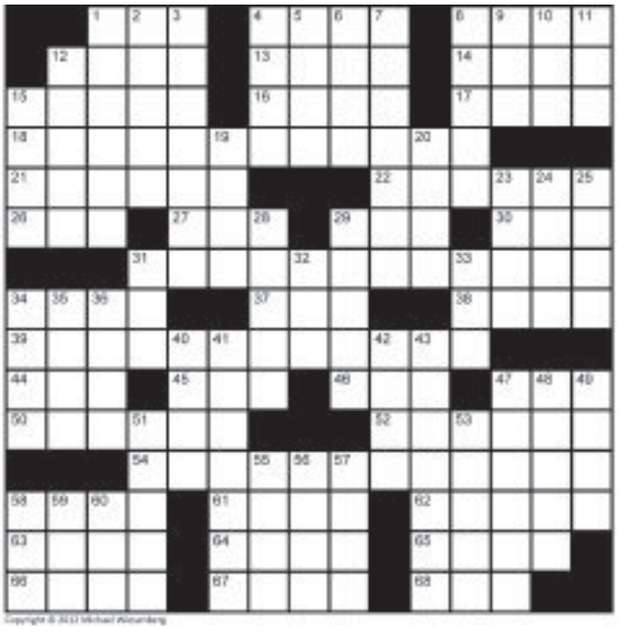
♒ Aquarius
Jan. 21 - Feb. 19
No matter how much pressure you come under from influential people, you must not betray your principles. If you back off even a little bit now you will end up backing off a lot later on.

♓ Pisces
Feb. 20 - March 20
It may be true that some people are not pulling their weight but don't make a big deal of it. Ignore what they are doing (or not doing) and focus on your own activities — that's what will make the difference.

SALLY BROMPTON

Crossword: Miscellany

BY MICHAEL WIESENBERG



Across
1. Replacement
4. Real estate rentals: abbr.
8. Observes
12. Altar end of church
13. Bend in a sink's pipe
14. Ottawa-born singer-songwriter Paul who wrote the much-covered "My Way"
15. Weeps
16. Short note
17. Encounter
18. Canada's official weights and measures reckoning (2 wds.)
21. Big rig fuel
22. Clandestine meetings
26. Hosp. workers
27. Prefix for logical or physical meaning "earth"
29. Maritime Prov.
30. "___ Baby Baby": 1965 Miracles hit
31. Montréal singer-poet most known for "Suzanne" (2 wds.)
34. Rim
37. *Nightmare on ___ Street*
38. Assents noiselessly
39. Canadian and American honeymooners' destination (2 wds.)
44. Bear's hibernation spot
45. Chewing ___
46. "___ thousand times ...": "I'll never agree" (2 wds.)
47. Lamb's bleat
50. Dextrose and fructose
52. What Scarborough or North York is to Toronto
54. These mountains extend from southern BC through Washington and Oregon to Northern California (2 wds.)
58. A step away
61. America's top corn-growing state
62. Gold bar
63. Lake bounded on the north by Ontario
64. Affirm solemnly
65. Home to Adam and Eve
66. Makes a mistake
67. Bird home
68. Canadian redeye

Down
1. Is venomous to
2. People with computers
3. Overwhelm, as with requests
4. Cash dispensers
5. Carnivore's quarry
6. Scottish caps
7. Like a leopard
8. ___ Davis Jr.
9. Montréal-to-Québec dir.
10. Barely manage (with "out")
11. Posed
12. "Congratulations ___ order" (2 wds.)
15. Admiral's underling: abbr.
19. Disney goldfish
20. Guitarist Clapton
23. Area in London or NYC
24. ___ the line: conformed
25. Male offspring
28. 60 minutes past midnight (2 wds.)
29. Spin doctor, for short (2 wds.)
31. Part of a race
32. Fuzzy alien of '80s TV
33. Light switch positions
34. Finishes
35. "Mon ___!"
36. Band of outlaws
40. India city that's home to the Taj Mahal
41. ___ roulette
42. Be an unsuccessful gambler
43. PM Wilfrid
47. ___ cord: what thrill-seeking bridge jumper uses
48. Inert gas in vacuum tubes
49. Aid
51. 640 make a square
53. "Don't ___ words with me"
55. Small inlet
56. Bedazzles
57. Barroom projectile
58. Society page adjective that means "born" in French
59. Flub
60. Atmosphere

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2					
2				1	7		3	
	5	7		6		2	8	1
	9					1	4	
			1		2			
	2	3					5	
5	1	9		7		4	2	
	3		6	5				9
					4			

Yesterday's Sudoku

2	3	6	8	5	1	4	9	7
1	5	7	3	4	9	2	6	8
4	9	8	6	7	2	5	1	3
7	1	9	2	8	5	3	4	6
3	6	2	7	9	4	8	5	1
5	8	4	1	3	6	9	7	2
9	7	1	4	2	3	6	8	5
6	4	3	5	1	8	7	2	9
8	2	5	9	6	7	1	3	4

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